

The Commonwealth of Virginia Department for Aging and Rehabilitative Services (DARS) Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

The overall purposes of this three-year grant are to:

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks;
- Implement innovative funding arrangements to support evidence-based falls prevention programs(s) both during and beyond the grant period; and,
- Embed program(s) into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

The Commonwealth of Virginia Department for Aging and Rehabilitative Services (DARS) is expanding existing infrastructure by engaging older adults, adults with disabilities, and persons with early-stage dementia and their caregivers by offering the Matter of Balance (MOB) program. MOB is an eight session community-based workshop designed to reduce the fear of falling and increase activity levels.

Partnerships

To achieve the goals of the grant, DARS will collaborate with the following partners:

- Loudoun County Area Agency on Aging Valley Program for Aging Services;
- District Three Governmental Cooperative Central Virginia Alliance for Community Living, Inc.;
- Senior Connections, the Capital Area Agency on Aging;
- Southern Area Agency on Aging;
- Senior Services of Southeastern Virginia;
- Prince William Area Agency on Aging;
- Mountain Empire Older Citizens, Inc.;
- Peninsula Agency on Aging;
- LeadingAge Virginia;
- Northern Virginia Falls Prevention Network; and,
- Southwestern Virginia Fall Prevention Coalition.

Anticipated Results

- Reach 1,950 completers through the MOB program;
- Of the 1,950 completers 20% or 390 will be persons with early-stage dementia



- and their caregivers;
- Expand geographic reach of MOB to include a minimum of 36 unserved and 24 underserved cities and counties;
 - Embed and sustain MOB as a core program of *Live Well, Virginia!*;
 - Establish the Virginia Falls Prevention Coalition;
 - Establish an electronic referral and tracking system for MOB under the Virginia No Wrong Door initiative.; and,
 - Pursue reimbursement opportunities on the state and local level.

Contact

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**For more information about the Administration
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